May, 1986

Volume XVI Number 4

FREE

Protest Nixes Hill Heliport

The "demonstration heliport" proposed for Pier 54 is no longer being considered for that site, largely as a result of strong protest from Potrero Hill residents.

But, stress members of the Heliport Committee organized through the St. Teresa's Parish chapter of the San Francisco Organizing Project (SFOP), the issue is still alive as the need for a commercial heliport in the city has not yet been proved.

The Chamber of Commerce's John Kerby-Miller says he is now looking into a site on Pier 26, at the base of the Buy Bridge, despite the City Master Plan's prohibition of heliports along this part of the waterfront.

Members of the Hill's Heliport Committee stress that Hill residents must stay involved in the heliport question, to prevent it moving to a community less organized and outspoken, or - us in the case of South Beach and Mission Bay - neighborhoods not yet even in existence.

A heliport at Pier 26 would, without doubt, have serious impact on residents in these yet to be developed communities. And even though the noise from the heliport itself might not be audible to most lill dwellers, the problem of overflights would remain. While Kerby-Miller claims the helicopters would only fly over the bay, he, along with the Federal Aviation Administration (FAA) and the San Francisco Police Dept., would be powerless to enforce this flight pattern.

The Chamber of Commerce has schednled a meeting before the Port Commission May 10, at which Kerby-Miller and many heliport backers are expected for-mally to petition the Port Commission to ask the FAA to fund a feasibility study for a heliport in San Francisco. The FAA. in its dual role of regulating and promoting aviation, has public funds available for such studies. If a community, or as in this case, public and private interest groups advocating a heliport, come up with ten percent of the study money, the FAA will fund the remaining ninety percent. St. Teresa's Fr. Peter Sammon believes it's too early for this step. "A clear necessity for the development of a commercial heliport should be firmly established before any public funds are spent on feasibility studies," he emphasized. "That is the first logical step in the process, and one the heliport proponents seemingly want to bypass.

The San Francisco Airport is a short drive from anywhere in the city, even during periods of heavy traffic. Oakland Airport is only a few minutes further away. With the inevitable air traffic delays at San Francisco Airport, and helicopter to automobile transfer times, a helicopter would actually increase point-to-point travel time as opposed to simply driving to or from the uirport, Ilill Heliport Committee members point out.

Considering this, and the extremely expensive operating costs of helicopters, what could be motivating the pro-heliport interests? A portion of a letter from Peter Goldman, Regional V. President of the Hyutt Regency, to Port Director Lugene Gartland, may hold a clue. "San

LIBRARY REACHES OUT VELOX



A new concept to interest people in books and reading, developed by the Potrero Branch Library staff, is to travel around the Ilill and set up "shop." The successful venture, seen above in front of the Potrero Health Clinic on Wisconsin Street, shows Library Technical Assistant Lois Bailey (seated), and Head Librarian Joan Jackson assisting a young reader with an assortment of material. The Travelling Library will be seen in various locations around the Hill as the library crew and volunteers encourage residents to increase their reading limits. Anyone interested in helping can call the library at 285-3022.

Bob Hayes photo

Francisco has more helicopters registered here than any other Northern California County, yet it does not have a heliport," Goldman wrote. "On the other hand, Los Angeles has 183 heliport facilities, 74 of which fall within the city limits."

The heliport committee stresses that heliport advocates must prove that the indisputable negative impacts of noise and safety are outweighed by the bold necessity for a heliport, not mere convenience and certainly not some misguided concepts of prestige, when considering 40 to 50 helicopter flights per day over our city and into an as yet unlocated heliport.

A Hill resident said, "We're being sold a questionable used care here. It may be more convenient for Pac Tel and Bank of America to shuffle their paperwork or cancelled checks by helicopter, but what about us? Who considers is and our right to reasonable peace of mind while we go about our daily lives as city dwellers? Would John iterby-Miller or the Chairman of the Boards of Pac Tel or BofA welcome a heliport in their backyards, or 50 helicopters flying over their houses every day?"

The Hill's Heliport committee is seeking legislation that will prohibit a heliport anywhere within city limits. Fr. Sammon emphasizes that SI OP and the committee

have no objections to the already established non-profit CALSTAR helicopter program which exists solely for medical emergencies, "But," he adds, "we don't want unlimited and innegulated commercial interests to ride in on the coattails of those legitimate medical needs,"

The committee urges those able to attend the May 14 meeting to come and

speak against what they consider a premature study.

The meeting is set for 10 a.m. at the Port Commission Hearing Room in the Ferry Building. In addition, the committee points out, letters to Mayor Feinstein will have an effect.

- J.B.

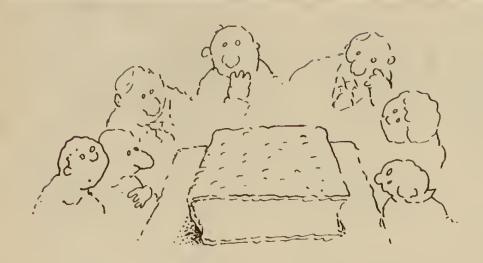
Ready! Set! Scamper!

Increased running activity on Potrero Hill in the Spring means just one thing - Scenic Scamper time approaches!

The annual 8k run, which benefits the Potrero Ilill Neighborhood House (NABE) is in its fourth edition, and a special project stands to benefit this year - the Social Development Center for Developmentally Disabled Adults. Another record crowd of Scamperees is expected for the June 14 event.

As in previous years, the start and finish lines are at the NABE, Dellaro St. at Southern Heights, and celebrities are expected to act as starters and participants. Lust year's starter was Assemblyman (and neighbor) Art Agnos. San Francisco Supervisor Louise Renne also participated.

Prizes donated by Hill merchants will be awarded in various age categories. Last year's contestants ranged in age from 8 to 60*. Application is on back page.



FEASIBILITY STUDY ON THE USE OF FEASIBILITY STUDIES

EDITORIALS

Three Strikes & Out

Something new is certainly in the San Francisco air this spring. All around us, people are actually talking about the Giants, and they're doing a lot more than talking. Thousands and thousands of people are going to Candlestick to watch as Will Clark and the rest of Roger Craig's team create some interesting - and winning baseball and just possibly set an all-time record for the most extra-inning games in the first month of any season.

Which just goes to show what many of us have said for years: Give us a winning team and people will go to see them. Perhaps that hasn't yet dawned on city officials and real estate developers still pushing for a new stadium South of Market - and perhaps not all that far from Potrero Hill. Yet another feasibility study (is this the third, or fourth, or what?) has been launched to explore and lobby for such a new stadium, a plan that has been opposed for a variety of reasons: traffic congestion, land needed for housing, and public expense.

Whether or not the Giants go on to have a pennant-winning season - and we all hope they do - let their current success on the field and in the stands be a lesson to those still pushing for an ill-conceived new stadium in the city. In baseball, it's three strikes and you're out. Shoudn't that be the case with the stadium scheme as well?

Missouri: New Urgency

Although it has been a number of months since a majority of the Board of Supervisors voted to oppose making San Francisco a home port for the U.S.S. Missouri and part of its fleet - a decision subsequently ignored by Mayor Dianne Feinstein some recent developments are giving this issue a new sense of urgency

Feinstein has made herself head cheerleader for bringing the nuclear ship to San Francisco, despite protests by many Supervisors, Rep. Sala Burton, and thousands of San Franciscans who oppose the home-porting of the fleet and its nuclear hardware. Recent revelations indicate that the Mayor's public relations campaign for bringing the fleet to San Francisco will involve a multi-million dollar expense for a kick-off "celebration." At a time when health and social programs are being cut, this expenditure of funds has turned even some pro-Missouri forces into skeptics. Add to this studies that show a huge financial burden on the federal government from placing the nuclear ships in the San Francisco area and the skepticism continues to grow

Even more telling, however, is the effect of the recent international climate on prospects for the Missouri. Many opposed the Missouri's arrival out of a deep-seated conviction that all nuclear weapons should be banned, and San Franciscans should do their part against the proliferation of these death-dealers by saying - at the very least - you are not welcome here. For others who had strong concerns about bringing the nuclear fleet to the Bay Area, there was fear as well, fear that home-porting the ships would make us a prime target in event of hostilities, or the victim of one of a growing number of worldwide nuclear accidents

President Reagan's attack on Libyan installations and the sharpened international tensions that followed the bombing have intensified both grounds for opposition and concern about placing a nuclear fleet in the Bay Area. It is time for the Board of Supervisors to heed these concerns and speak out once again on this crucial issue.

OUR READERS WRITE



Spring and Cattails

It was with great interest that I read the item in the latest Potrero View requesting information about natural water sources on the Hill. For the last year and a half I have been amazed and delighted by the phenomenon of a spring and a growth of cattails in and around the railroad tracks at the corner of 16th and Rhode Island. The cattails seem fairly old and well established, leading me to conclude that there is a year-round water source.

So fascinated was I by this special place (does it contain a Shinto spirit?) that 1 started thinking about what 1, as an artist, could do with it or about it. 1 quickly decided that the most useful and least intrusive action would be to clean up the area (which is not "art" but is a public act.) This I have been doing weekly for about five weeks now. I have also erected a small sculptural object that interacts with the site. Also, I have planted a few native plants. I would be willing to bet that not one in 100 people passing that spot pays any attention. My point is that attention should be paid; the site should be preserved.

To that end and expanding the impulse, a friend of mine and I have started to develop ideas for making the entire diagonal railroad right-of-way and the lot at 18th and Arkansas into a park. We do not pretend that our idea is an original one nor that we have any great chance of seeing it happen. But we are excited about it and think it is well worth pursuing. While we have not yet completed a visual/verbal presentation of our proposal, we would be pleased to show it when

In the meantime I will continue on, in the spirit of Grace Marchant, with guerilla landscape architecture. Michael Acker

Keeping in Touch

Editor:

I'm really glad that you're keeping me in touch with the community by way of The Potrero View. Every time I receive mail, or should I say newspaper, from home, it really brightens up my day. 1 seem to thrive on anything (news) from back home - especially the hill.

PFC Michael R. Hannah U.S. Army, currently stationed in

Old Folks' Plea

Editor:

We fought your wars, defending our country's shores. Serving in the Home Guard, Civil Defence; A.R.P. Fire Service, we fought the Nazi Blitz on Britain's towns and cities far and wide. Sailed on merchant Navy cargo ships in convoy across the North Sea, to the port of Murmansk, loaded down with armoured cars and tanks, aid to our gallant ally, the Soviet Union, expressing our gratitude and thanks.

Stripped naked to the waist, standing before furnaces pouring out white hot steel for the arms industry, Ship building on the Clyde. Down in the holds of cargo ships, working on the dock quaysides, loading arms ammunition, guns for the troops fighting the Nazi armies in occupied countries far and wide.

We hailed giant lorries from the Scottish Isles down to Lands End, sleeping in our cabins at night by the roadside. Not forgetting our womenfolk, who after working in factories on War work, rushing home to collect the children from school, wash and feed them, then off with them to find a place on the Underground station, bed them down, safe from the Blitz, await The Dawn; hastily prepare for school, off to the factory to work another long day.

Working on land from sun up to sun down; growing the Nations food. Walking the hospital wards nursing the sick and injured, comforting the bereaved.

The miners, down in the bowels of the earth, suffering pit disasters, gas explosions, flooding, teaching conscripted Labour youth, "BEVIN BOYS" how to coal; crouching in water around their knces choking with black phlegm from the "Miners Curse" the dread Black Lung disease.

So don't let us old folk pass you by, unrecognized, unseen, for you will be like us one day, you're not evergreen. So listen! listen to the folks plea, as their pace gets slow come join with us, demand from Government, for a PENSION worth more Dough.

Jack Dash London, England





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Masthead Design by Giacomo Patri

Editorial and policy decisions are made collectively by the staff. Membership Is open to any HIII resident willing to work. All staff positions are voluntary. Published once a month except January.

Address all correspondence to THE POTRERO VIEW, 953 De Haro St., San Francisco, Ca. 94107. Telephone: 641-2405/285-4616/641-8011.

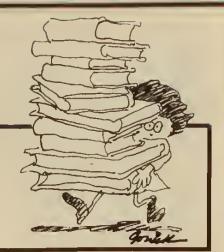
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THE POTRERO VIEW is printed at Garrett Press, a union shop. 151



LIBRARY NEWS POTRERO BRANCH 1616 20th St. 285-3022

Closed Monday Tuesday 10-12 and 1-6pm Wednesday 1-9pm Thurs., Fri. & Sal. 1-6pm



Children's Programs

Pre-School storytime for ages 3-5: Tuesdays, 10 a.m.; Wednesday, 7 p.m. "The Blob," Saturday, May 3, 2 p.m. for all ages.

Patricia Bulitt in a dance/storytelling program will entertain, with your help.

MOVIES; Tuesday, May 13, 10 a.m. for ages 3-5:

"The Foolish Frog," "A Boy, A Dog and A Frog," "Myra" 3:30 p.m. for ages 6 and up. "The Strange Story of the Frog who became a prince," "The Foolish Frog."

Adult Programs

Resources for Information and Help Wed. May 7, 7-9 p.m. and Thurs. May 8, 10 a.m. noon.

Where are the lowest priced supermarkets located? Where can I apply for a license to operate a business from my home? What summer activities are available for my children? Cynthia Gordon of Potrero Hill Head Start and librarians Joan Jackson and Ruth Vose will tell you how to get the answers to these and dozens of other questions.

The Potrero Hill Artist Show continues at the Library through Saturday, May 24.

· In The View

HISTORIC MOLOKAN PHOTO

The May, 1976 issue of the VIEW carried an important footnote to the cultural history of San Francisco. It was a panoramic photo of the assembled members of the First Russian Christian Molokan Church. According to the caption, it was the first such photo taken in "over 40 years." The congregation is shown massed - some 150 strong on Southern Heights near Carolina, with the top floor of their church visible behind

Also visible is a much lower-profile San Francisco skyline, and part of the eccentrically designed apartment house at Southern Heights and Carolina that has long since heen burned and bulldozed.

16TH DISTRICT ASSEMBLY RACE

The VIEW interviewed the two Potrero Hill residents among the candidates vying for a seat in the Calilfornia Assembly. Who were they? Art Agnos and Kayren (Good Life) Hudiburgh. A quote from Hudiburgh: "The whole thing about getting into office should be to add and lend more support to what community groups are doing . . . (the logislators) should be constantly back in the community finding out what your community nity wants you to do Agnos said when asked for his major reasons for deciding to run: "To get the power of government to share with the people of the 16th Assembly District so they can regain control of their destiny over their homes, neighborhood and community."

WELL, ACTUALLY, WE STAYED HOME AND WATCHED THE BOX ...
The Julian Theater was offering something called "Ralph Who Must Run." According to the VIEW, this was "...a zany piece from the theatre (sic) of the absurd concerning two gymnastic couples racing madly to oblivion."

- Arden Arnautoff

Seniors' Medicare Aid Available

Seniors who need help in filing Medicare claims, legal assistance about their coverage, or advice or supplementary insurance, can now get that help at 12 centers recently opened in San Fran-

The program, established by Assemblyman Art Agnos, provides counselling by volunteers trained by Legal Assistance to the Elderly. Cases requiring legal help can also be handled.

'n addition to those listed below, additional counselling centers will be opened in the near future in Bayviewi-unters Point, Outer Richmond, Park Merced and Outer Mission.

Counselling sites are also located at: Diamond Senior Center, 117 Diamond St, Aquatic Park Senior Center, 890 Beach St. Francis of Assisi Senior Housing, 245 Guerrero. For further information,



CINCO DE MAYO

Muni/BART Tix at Nabe

MUNI and BART riders can buy their tickets at the Neighborhood Ilouse, 953 De Haro St., Mondays through Fridays, during office hours of 10 a.m.

MUNI tickets for seniors and handicapped persons cost \$4.50 per month. BART tickets are sold to seniors, handicapped and children for \$12.00 per ticket. For more information call 826-8080.

REPORT FROM WASHINGTON

By Rep. Sala Burton

Last month, the House passed legislation weakening this nation's gun control laws. The Senate has already passed similar legislation and the President supports the measures - so we will soon have federal gun laws that fail to control what has bccome a national disgrace.

In 1980, there were 77 handgun homicides in Japan, eight in Great Britain, 18 in Sweden, 24 in Switzerland, 8 in Canada, 23 in Israel, four in Australia, and II,522 in the United States. In 1984, nearly 22,000 Americans died in handgun homicides, and accidents. This is not the hallmark of a civilized nation. How can we tolerate this senseless loss of life in the name of "the right to bear arms." We

Earlier this year, I introduced legislation to ban the sale and manufacture of Saturday Night Specials, those cheap handguns that are readily available to any street criminal. This amendment, along with others, such as an amendment to ban machine guns, was pushed aside in the rush by the gun lobby to pass a bill making guns even more easily available.

The amendment contained the moderate, sensible steps necessary at the federal level to reduce the shocking handgun crime figures without infringing upon the legitimate needs of hunters and sportsmen. The effect of this amendment would have been to remove from the market easily concealable, cheap, unsafe

handguns that have no legitimate sporting purpose.

Under the 1968 Gun Control Act, handguns that are imported from foreign countries are subject to certain safety standards and criteria. This measure was enacted to stem a flood of imported handguns that were of poor quality and

To circumvent this restriction, foreign manufacturers have established subsidiarics in the United States where the con stituent parts are imported and assembled. These handguns are cheap, easily concealable, poorly made, inaccurate and and totally useless for any logitimate

I met with police officers from San Francisco who supported my amendment and opposed the bill passed by the llousc. As Patrick Murphy, former Police Commissioner of the City of New York, states, "There is absolutely no legitimate reason to permit the importation, manufacture, or sale of these weapons, or their parts. They are sought only by people who have illicit motives but who may have some difficulty securing a better gun."

l am outraged that the National Rifle Association and their allies were able to use the threat of political retribution to defeat efforts to impose controls on weapons that have no place in this society. I intend to continue to work for passage of my legislation to ban cheap handguns - to strengthen, not weaken, federal firearms law.

ALL IN A PICKLE JELOY



A ten year history of the Pickle Family Circus, captured in photographs by Terry Lorant, has been published by the Circus, with help from the San Francisco Chronicle. Jon Carroll, a columnist for the Chronicle, wrote the text, and the book can be purchased directly from the Circus at 400 Missouri St. The Pickle Family Circus performs at Glen Park May 24 to 26. For info and tickets call 648-4295.

Potrero Hill Neighborhood House

Enola Maxwell, Executive Director

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- Youth Council
- Juvenile Diversion
- Tutorial Program Alcoholics Anonymous
- Social Development Center: For developmentally disabled adults. Basic education, cultural enrichment, consumer and health education, field trips, sensorimotor development, work training, leisure time use, group and in-
- dividual counseling. Senior Citizens Program: Hot lunches every weekday. Activities include: Bingo games, information and referral, counseling, social hour, games and
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- Meeting spaces available for use by community groups.
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>>^^^^^~~

- Gymnasium and recreational space.
- Photographic workshop
- Bulletin board with job listings. Sewing workshop and classroom.
- Mini Park.

Member, United Way of the Bay Area

Senior Volunteers Hold Nicaragua Reunion

By Stephanie Potter

It was a rare reunion last month at Potrero Hill's St. Teresa's Church where 50 Elders for Survival, who had been to Nicaragua as volunteers to harvest coffee, shared memories and painted a version of Nicaraguan life vastly different from President Ronald Reagan's.

In working alongside Nicaraguans, and traveling and talking freely to people in different parts of the country, they reported finding a deep and broad support for social and economic reforms being promoted by the Sandinista government. They also found a growing frustration with U.S. policies that force the Nicaraguans to divert 50 percent of their meager budget toward military defense against the U.S. supported contras.

Sarah Crome, a Potrero Hill resident, helped to organize the Elder's harvest brigades. "After having been in Nicaragua picking coffee in 1983 and noticeing that I was one of only two elders," Crome felt that more elderly should be alongside the young in expressing opposition to U.S. aggression.

In January, 1985, she was part of the first Elders' Brigade, consisting of 20 Elders joined by another 20 young people, and they spent three weeks on a Nicaraguan coffee farm. As to the threat of surprise contra attacks, Crome said she was "never afraid. We were 20 miles south of Managua and pretty safe." She said the danger was greater near the border to the North.

The number of Elders grew to 35 in the 1986 brigade. They came from all over the U.S. and returned to the same farm. Crome was there, too, but this time she was part of a plumbing brigade to lay water pipe. The Elders had organized this project so that children would not have to spend their days "carrying huge buckets of water."

Slides of the plumbing project show Crome, who will be 75 in June, looking remarkably fit, hauling pipe and digging trenches. One of her lasting memories "was to see the delight in everyone's face when we finally turned on the faucet." The Elders supplied the pipe themselves, because with the U.S. trade embargo and general poverty it is very difficult for Nicaragua to obtain parts and materials.

The "brigadistas" paid their own airfare and hotel bills in Managua. Their

TRAINING

quarters at the farm consisted of a 10 by 40 foot structure with three wooden shelves where they slept and kept their belongings. Meals were rice and beans, three times a day. They were awakened daily at dawn, and put in an eight hour day of picking coffee. Carrie Sprague, of the '86 brigade, recalled how dusty it was, and how "the wind would just howl constantly."

Despite the hardships, camraderie grew among the Elders, and friendships were formed with the Nicaraguans as well. This was much in evidence at the reunion as the volunteers hugged one another in greeting and cheered familiar faces on the slides. Many stated their intention to be on future brigades.

The Elders have been active since their return to the U.S. Almost all have been churning out letters to Congress in opposition to contra aid. Some have traveled to Washington to meet face-to-face with their Representatives. Crome, who visited Washington last year, pointed out that "with a gray head, it's harder for them to shut the door in your face." Many brigadistas have given slide shows and talks for friends and organizations.

A group of the Bay Area Elders, including Crome, spend their early mornings at the Emeryville mudflats creating a human billboard for commuters. Together they spell out the message: "No aid to the contras!" Another Elders group displays the same message to commuters on Lombard Street.

Presently the Elders are raising money to collect materials and organize a crew to build a school for the 100 children living on their coffee farm. They also want to stock the school with educational materials and pay a teacher's salary (\$500) for one year.

Crome said she is motivated by sympathy for the hardships suffered by the Nicaraguans, and she also feels shame that such suffering is inflicted upon the Nicaraguan people by the U.S.

In her travels to Nicaragua, Crome says she has yet to find anything to "verify Reagan's lies. I don't know of anybody who's been down there who's seen anything to corroborate his statements. We were able to talk to anybody we wanted; we even found criticism. There are shortages, many expectations haven't been met, mostly because of the poverty caused by war. But even among those who criticize there is no fear. Nobody looks over their



Sarah Crome in front of Elders for Survival display of their plumbing and education projects for a Nicaraguan farm.

Larry Donohoe photo

shoulder when they talk. There's no feeling at all of repression."

Another volunteer, Irving Fromer, who has traveled throughout Central America, contrasted the situation in Nicaragua to that in El Salvador where he said people would turn up the radio loudly and whisper when they answered questions. In Nicaragua, Fromer said, "it was three months after the elections and you could still see the posters of the opposition parties. Each party had been given \$300,000 and free and equal time on TV. The elections were very fair."

He found the Sandinistas to be popular. "They're setting up schools and medical clinics, and the people are very much in on the act. Citizens join committees for things like neighborhood health, adult education and child care."

Paul Rider, at 89 the oldest volunteer. pointed out that the coffee exports no longer serve to enrich just a few. Now the "campesinos also enjoy their full share of the reward."

At Reagan's urging, Congress may decide this month to send \$100 million to aid the contras in their attacks on Nicaragua. Crome believes Reagan focuses on Nicaragua because it is small and poor, making it easier for him to appear victorious. "he's using it," she said, "as part of his confrontation with the Soviet Union. The Sandinista revolution is an indigenous movement, a result of 50 years of Somoza dictatorship. Nobody in Nicaragua is concerned about the Soviet Union the way we are," she said, adding, "he's also afraid of the example Nicaragua could set to other Central American countries who want to improve their standard of living.

The Elders for Survival can always use more money and volunteers and young people are welcome. The group can be contacted at 285-0127 or 641-8898.

[A panel discussion with Crome and two other Elders will appear on City Voices, May 15, 9 p.m. on Channel 25.]

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BACK-TO-SCHOOL



Schools throughout Potrero Hill held Open House in April - a time when parents and their children have an opportunity to meet with teachers and faculty, and to tour the school. At Potrero Hill Middle School teacher Joe Thomas (above) conferred with a mother while her bemused daughter (left) looked on. Math Lab teacher Katherine Stenson (left, below) gave a student's mother the opportunity to sit at a computer while she explained the process.

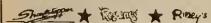
Ruth Passen photos



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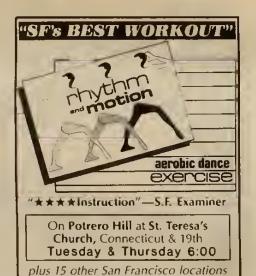


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Synanon Site Meeting Leaves Questions

By Delene Wolf

The Fraser Room at the Potrero Hill Neighborhood House was filled to overflowing April 16, when Assemblyman Art Agnos' Office sponsored the second general community meeting about the controversial development proposed by Grosvenor Properties for the former Synanon Site at 23rd and Kansas Streets.

This go-round was somewhat more restrained than the first session, however,

COMMENT

as questions tended to focus more on the details of Grosvenor's latest proposal, rather than the basic planning assumptions behind it. Perhaps the most agitated neighbors who had attended the first meeting stayed home because they now consider Grosvenor's proposal a fait accompli - a conclusion that is far from the

The development will contain rental housing instead of owner-occupied condominiums, but much work remains to be done to achieve the best possible development for the project's future residents, the developer's own interests, and the Potrero Hill community.

As currently planned, the majority of units and studios and one bedroom apartments, leading many neighbors and housing activists to ask just whom this housing is for. Will the target be transient people who will come and go rather than people who will stay and make a contribution to Potrero Hill? What about the family housing this city so desperately needs?

Grosvenor's Matt Taylor brought to the meeting some pretty pictures of how the development would look: Victorian buildings with trussed roofs, gables, bay windows. They've even planned the landscaping: Violas and pansies in the Spring - unimaginative, but low-maintenance.

Two not-so-minor problems, however: Taylor admits the land use drawing we saw is already out of date, as it had been changed at a meeting the day before the community session. And the project will face into and focus on an interior courtyard, which could help isolate residents from the rest of the neighborhood.

The only real differences between the concept shown April 16 and the one presented at the previous meeting are a slight increase in parking - 189 spaces for 145 units, actually in excess of code requirements - and a minute reduction in density from 150 to 145 units. (The original conditional use permit provided for

When questioned as to where the 145unit figure came from, Taylor responded with a vague "That's what the land and parking can handle." A more plausible explanation comes from officials at the Office of Community Development who point out that part of the loan agreement requires that the number of units can be increased or decreased by no more than 10 percent. (Ten percent of 132 equals 13.

All the above leads one to question just how much the community's input is being taken seriously. (Parkview Heights rewisted?) On March 13, Jim Firth of the Potrero Hill League of Active Neighbors (PLAN) and Arden Smith of the Potrero Hill Boosters and Merchants Assn. presented Grosvenor with a concept for 132

This concept also embodied ideas such as a Tot Lot/Open Space area plus commercial space to provide a link to the community, walk-up flats (to eliminate the need for elevators and lobbies that take up space) and a glass-fronted apartment building on Kansas Street to provide a noise and security buffer. Only one of the suggestions put forward by the community was accepted: Underground parking on Rhode Island Street.

One neighbor at the meeting expressed the feeling of many there when he asked, "Why should we support it if there are only impacts?" An excellent question, especially since many of the negative features could be modified or eliminated.

For example, the desire for maximum density on Grosvenor's part is understandable; it is their job to make money. Likewise, it is the job of neighbors to preserve the quality of life in their neighborhood. Grosvenor has been heard to say they won't make any money on the rental income for four years. Perhaps they should have to wait another year or two to turn a profit without presenting the community with a level of density that equals four and a half units per lot, when the rest of the Hill has an average of two.

Grosvenor indicated they would have liked the April 16 session to be the last community meeting on their proposed development. There is, however, a lot more talking to do.





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Siberia, Shanghai, Jazz In Hill Art Dealer's Past

By Vas Arnautoff

There are five houses in a row on Rhode Island Street where Charles Campbell lives, two storied, peak roofed, built simultaneously some 60 years ago. One stands out: A rich brown with aging shingles and black trim, its facade partially obscured by the greenery of plants and bushes, obviously occupied by people who make some effort to encompass their lives with things of beauty

And, so it is. This house has been the home of art dealer Charles Campbell and his wife Esther for more than 30 years, and the comfortable interior fulfills the promise of its exterior mood. Filled with the art of friends and acquaintances and by artifacts collected on frequent trips to Mexico, it feels much like a homey

Campbell, a somewhat shy, soft-spoken Santa Cruz native and San Franciscan since 1947, looks 20 years younger than the 71 years to which he admits. And in that 71 years he's packed a bewildering array of experiences. By the time he got around to opening the Charles Campbell Gallery at 647 Chestnut St. in North Beach 16 years ago, he'd lived in Siberia and Shanghai, China, attended military school, served in the Coast Guard, and owned a North Beach jazz club and an art framing shop.

It was out of the latter, near the old California School of Fine Arts (now the San Francisco Art Institute), that the gallery developed when he began showing work of artists who came in with framing business. Among them were Blanche Phillips and Nathan Oliverira.

But it was a circuitous path to that point. The son of a family he calls "gold mining people," Campbell at age two found himself in Siberia where his grandfather had a promising claim. In October 1917 this was akin to settling on the slopes of Mt. St. Helens a few days be-

The Soviet Revolution had begun, and within six months the family was out of the mine and found itself cooling its heels in Vladivostok for three years. There young Charles became fluent in Russian. "But, he says, "my parents were so mad at the Bolsheviks that they refused to allow my sister and me to speak it. I've always regretted that.

The family went from Siberia to Shanghai to wait out the collapse of the revolution. ("Dad always felt that the Czar was coming back"), and Campbell finished high school at an American school and picked up a smattering of Chinese. Military school in San Diego and college followed and then a stint in the Coast

After the war Campbell and a friend opened an art supply shop in San Francisco at which he started framing and occasionally showing work. But his primary interest at the time was music, and when he found a vacant basement in North Beach he arranged a Sunday New Orleans jazz concert with Turk Murphy. lle called the place the "Italian Village" and intended a stand of a couple of months. The crowds came and Campbell found himself running the club for three

But the frame shop prospered and by 1967 Campbell was able to buy the building. In 1972 he opened the gallery upstairs

A traditionalist in his musical taste Campbell also prefers the "painterly, figurative school in painting. He has shown abstract and non-objective art in his gallery but says, "I was always drawn to the figurative, though not to the super-realist or photorealist." So the gallery's first shows included work by Joan Brown, Gordon Cook, Elmer Bischoff and Bill Brown. When local artists again accepted figure drawing as a discipline Campbell included works by Mark Adams, Beth Van Holsen and Wayne Thiebaud who, with Cook and Brown met regularly to sketch from models.

The shows were very successful and this year he added Potrero Hill artist Charles Farr and Paul Warner to the group show of figure work. Currently



Art collector/framer/gallery owner Charles Campbell seen with some of his collection of art work in his home on Rhode Island Street. Vas Arnautoff photo

ending is an exhibit of work by another Hill artist, John Langley Howard.

Campbell admits to making "a good living" with his gallery, partly because he owns the building and is therefore not vulnerable to the horrendous rent increases to which other gallery owners are subject. But this gallery owner also obviously has a good eye for color, line, proportion and the other elements that define good art. And, ironically this presents a problem.

He is besieged by aspiring artists who want him to show their work. "That's the tough part of having a gallery ~ having to say 'no' And that's 90 percent of the time," he says. Some of the aspirants are good, says Campbell, but others, like a respected art professor of 30 years standing, "are completely non-objective about their own work. I don't know how to handle it."

But Campbell's success can also be partially attributed to his relationship with the artists with whom he deals. "lle's excellent," says Charles Farr. "He'll call me immediately when one of my paintings is sold. That's unheard of. And he pays right away."

Although Campbell rarely shows sculpture because he finds it hard to sell, he doesn't shy away from relative unknowns among painters. Again this year he will particapte with other galleries in the "Introductions" series in which will be displayed the works of one or more artists who have never had one person shows in Jan Francisco.

Other upcoming shows include one in August featuring two Italian artists from Florence whom Campbell met through Modesto Lanzone, the noted restaurateur/ collector, and one of Fred Reichman's



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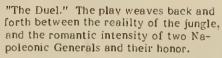
"The Duel" Blends Humor, **Tragedy of Conrad Stories**

By Michael Dingle

San Francisco audiences had the rare pleasure last month of having the Swedish theatre collective Jordcirkus begin their first American tour in our city.

The company, sponsored by San Francisco International Arts Management and the Julian Theatre, concluded their four weeks with sold out performances of "The Duel" at The Potrero Hill Neighborhood House Theatre. This adaptation of two short stories by Joseph Conrad - for two actors and one musician - explores themes of honor, courage, isolation, boredom and dependency and evokes strong performances from all three actors.

In "The Last Outpost of Progress," Messers. Carlier (Juan Rodriguez) and Kayert (Chris Torch) are stationed in the middle of the Congo. All they have in common is their whiteness and a book,

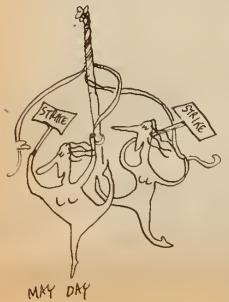


The transitions are beautifully modulated by Nils Personne's one man orchestra, as the audience jumps from the comic futility of the imperialist in Africa to the impending confrontation of the dualists. On the heels of the bombing of Libya, the play had an uncanny dimension, forcing one to weigh increasing militarism and the aftermath of excessive imperialism with man's dependency on his fellow man.

In a clever moment when the actors drop their characters to address the audience, Juan Rodriguez states, "Our civilization is bathed in blood and I want to learn to swim." The brilliance of "The Duel" is the blend of humor this show brings to the tragedy that lurks at our

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Paolo Morante, Chris Brophy and Debra Zane (1/r) in a scene from "Andrea's Got Two Boyfriends," by the Julian Theatre, 953 De Haro St.

Poignant Julian Offering Looks at Retarded

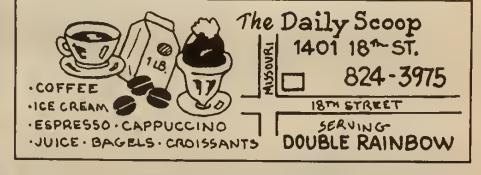
"Andrea's Got Two Boyfriends," a new play by David Willinger, and produced by the Julian Theatre has opened at the Potrero Hill Neighborhood House and will run throughout the month of May.

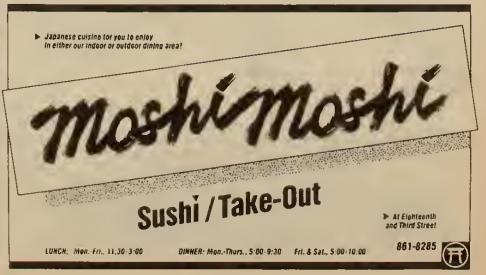
Directed by Julian Artistic Director Richard Reineccius, "Andrea" is a serious comedy about developmentally disabled adults living in a state supported facility in the Catskill Moutains of New York. lt's billed as a "funny and poignant play

which explores the relationships between Andrea Willinger and her two friends."

"Andrea" will play at 6:30 p.m. on Thursdays, and 8 p.m. Fridays through Sundays. The early show on Thursdays allows Julian patrons to enjoy dinner discounts at a number of Potrero Hill restaurants after the show.

Tickets are \$7 on Thursdays and Sundays and \$9 on Fridays and Saturdays.





Library Art Show Opens

As sure as daylight savings time announces the lengthening days, the approach of summer is heralded once again by the opening of the annual Potrero Hill Artists Show on April 26, at the Public Library, 1616 - 20th St. This 31st such event - continuing through May 24 features, as always, a wonderfully democratic mix of recognized professionals and Sunday painters, both serious and playful, along with hopeful first-timers.

Among the first group, a special vote of thanks is due to the seven who lovingly arranged and hung the 127 works comprising the exhibit: John Connelly. Marshall Douglas, Charles Griffin Farr, Robert Kingsbury, Henri Marie-Rose, Jan Padover and Pat Wipf.

The Hill Artists Show has always featured a broad variety of media, and this year is no exception. Some of the more innovative are Xerox and painting on silk (Joni Eisen), grease paints on resumes behind cracked glass (John Boyer), felt pen cutouts (Michael Grieg), dough sculpture (Kathleen Ramos), postage stamp collage (Johanna Goldschmid), and assorted mixed media that defy analysis.

In a whirlwind mini tour, however, the bulk of the show appeared to reflect a preponderance of tried and true materials, while both form and content were richly varied. Participating artists in addition to those mentioned above are:

Ralph Anderson, Bill Baldewicz, Agathe Bennich, Betty Berenson, Constance D. Black, Penny Blair, Margo Bors, Richard F. Brown, Rose Cassano, Tom Deal, Joe Draegert, Nicole Emanuel, Dale Erickson, Sally Evans, Donald Feasel, Jim Gongwer, Mary Guggenheim, Mulualem Habteyes, Mary Ann Hanlon, Diana Harrison, Alan llayward, Ivars Hirss, Ken Hjelle, Robert lloldeman, John Langley Howard, Rebecca Howells.

.V. Irvin, Vincent Jackson, Kathy Kagawa, Linda Katsuda, Paula Kristovich, Gloria Laasche-Burge, John Lewis, Evie Lincoln, Janis Lipzin, Tracy S. McCarthy, Jean Nagy, Kenjilo Nanao, Marion Nor-berg, Judy Oser, Ruth Passen, Murah Powers, Ted Pushinsky, Angie Ralson, Helen Rees, Leslie RenTerry, Karen Richards, Rae Ruiz, Christopher Sabre. Kim Salyer, Michael Semenoff.

Brian Shure, Suzanne Spater, Joseph St. Amand, Karen Stern, Sue Stocken, Linda Sugar, Takeshi Sugimoto, Annette

Taub, Dorothy Tegnazian, Sachi Tsutsumi Montserrat Wassam, Erick Weber, Vicki Weisman, Edith Winter, Deborah Yaffe,

Organizer/coordinator Joan Jackson of the library reminds us that without the support of the Potrero Hill Boosters and the Friends of the S.F. Public Library. this wonderful demonstration of the wealth of talent on our hill could never

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The 31st Annual Potrero Hill Artists Show opened with a rousing reception April 26, at the Library, 1616 20th Street. Dozens of local artists submitted a total of 127 works of art for this show. As is usual each year, a group of artists hung the art pieces, and refreshments were provided by the Potrero Boosters and Friends of the Library. The exhibit will run through May 24.

Ruth Passen photo

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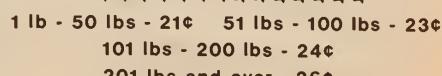
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Petitioners are out on the streets these days, gathering signatures to place on the November ballot the Accountable Planning Initiative, which would extend indefinitely the Downtown Plan's threeyear annual limit on downtown office highrise construction and cut that limit - now close to a million square feet a year - in half. Growing disenchantment with the Downtown Plan is spurring renewed interest in this measure, and its backers are seeking supporters and volunteers. If you're interested in helping, call 821-2384.

The S.F. Rec and Park Department is sponsoring lots of fun programs: "The Art of Storytelling," a free workshop on Wednesdays, 4 - 5 p.m. Ballroom Dance Classes on Tuesday evenings. Both are held at 50 Scott St. Call 558-3601 for more info. On May 3 and 4 there are Kite Demonstrations at the Marina Green, from 8 a.m. 'til dusk. A Cinco De Mayo Celebration at Potrero del Sol Park, Potrero Ave. and Army Streets, from 11 a.m. to 6 p.m. on Sundny, May 4. Children's Afro Jazz Class at the Potrero Hill Rec Center, Arkansas and Madera Streets, May 7 from 4 to 5:30.p.m. And Adult Folk Dancing at Jackson Playground, 17th and Arkansas Streets, on Thursday, May 8 from 7 to 10 p.m.

Believe it or not there's even a Free Walking Tour of Golden Gate Park Saturdays and Sundays! Call 221-1311.



Congratulations to Shervon Hunter for Honorable Mention in the S.F. Examiner's All-Bay Area 1986 Prep Honor Roll! Shervon is a student at Woodrow Wilson High School and lives on Potrero Hill.

Two relief funds have been set up to help victims of the disastrous April 4 fire at the Bayview Industrial Building. Several Art Institute students and alumni had studios in the Bayview complex and lost everything, so the Institute asks for checks to be sent to them at 800 Chestnut St., S.F. 94133, with a note stating that the money is for the SFAl Artists' Fire Relief Fund. Or call 771-7020 for information. Also, the Bay Area Woodworker's Association asks for funds to help the small businesses that were lost in that fire to reconstruct and resume their careers. Send contributions to Intersection/Bayview Fund, c/o Intersection, 766 Valencia St., S.F. 94110. For more information call 822-8688.

On the heels of '06 Earthquake celebrations, Jon Galehouse, Professor of Geology at S.F.S.U. was heard to say that with all of the good advice available, the safest place to be is outdoors, "in an open field, away from buildings, where nothing can fall." Yeah, good advice.....

Teachers with Special Education Credentials are needed to apply for summer school positions in S.F. Unified School District. Call Esther Wright, 586-6400 for info and application.

In case you missed it, the L.A. County Board of Supervisors asked Congress to rename Angeles National Forest in honor of President Reagan. To us it's like naming a childcare center for W.C. Fields.....

The American Heart Association designates May'as High Blood Pressure Month. Now, don't ask where can you get it..... write for the free pamphlet, "Salt, Sodium, and Blood Pressure: What's It All About!" from the AHA, 421 Powell St., S.F. 94102.

Want to learn how to look fashionable, and pick up skin care information? Ernesto Herrera is inviting the community to attend a free Fashion Seminar, May 20, from 7 to 9 p.m., at the Nabe, 953 De Haro St., Questions? Call him

The growing shortage of affordable housing in San Francisco will be the focus of an open forum Saturday, May 17 at the Potrero Hill Neighborhood House, 953 De Haro St. The 1-4 p.m. session, sponsored by the Humanist Party, will feature housing activist Calvin Welch, a representative from the San Francisco Tenants Union, and other community leaders discussing vacancy control, downtown development and the overall city housing crisis.

The Julian Theatre is offering playgoers dinner discounts at Potrero Hill Restaurants after Thursday evening performances. Not a bad idea. (Performances start early on those nites). Call 647-8098 for more information.

"The stunning southern view of downtown San Francisco is only one reason to plan a visit to Potrero Hill" reads an article in the current Sunset Magazine. So that's why strangers are roaming around our streets! The next time you see someone with a map in hand, they probably got one from the Potrero Branch Library: its a free walking guide to the Hill. The Sunset article also touts the Annual Artists Exhibit, so go see it before a tourist asks you questions.

The new Bruce Dern movie "On the Edge" is not only filmed in the Bay Area but also features well known San Franciscan Bill Bailey, and the Hill's Walt and Marcie Stack. Bailey plays Dern's father in the film, and the Stacks are prominently seen in it. The story is about the famous Dipsea run in Marin, which Stack, in his 70s, has made for the past decade. The movie has an extended run at the Chirardelli Theatre.

Friends of Pele De Lappe will help celebrate her 70th birthday with a party and a one day art exhibit (of her work, of course), on Sunday, May 18, from 1 to 5 p.m., at the West Berkeley Senior Center, 1900 6th St., in Berkeley. For details call 848-1373.





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Eight Hour Day Holiday Turns 100

By Judy Baston

Mention May Day to most people, and what kind of response would you get?
Perhaps some will remember back to schoolyard days, and dancing around a Maypole gaily decorated with crepe paper. More common might be the belief that May I is "some kind of holiday in Russia."

What few people realize is that May Day marked the first major labor demonstration in the United States, a day exactly 100 years ago when more than half a million American workers downed their tools and joined in a massive nationwide demonstration for the eight-hour day.

At least in law and in labor codes, the eight hour day is now something that most workers in this country take for granted. On paper, that protection is won, and in reality, most situations are vastly different from the way things were 100 years ago when 12 and 14 hour workdays were the rule, not the exception.

While the demonstration in 1886 took place in such cities as New York, Baltimore, Washington, Milwaukee, De-

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troit and Pittsburgh, it was the most effective in Chicago. As part of that Chicago demonstration, however, strikers at the McCormick Reaper Works (now International Harvester) were gunned down during their attempt to prevent strikebreakers from entering their plant. And at a demonstration three days later to protest this attack, four workers were killed after a bomb exploded. As a result, four leaders of the Chicago labor movement were executed, and they became known as the "Haymarket Martyrs."

This case was greeted with outrage by unionists all over the world, and three years later, as leaders of the world labor movement assembled in Paris, at the request of the fledgling American Federation of Labor and its President, Samuel Gompers, the group declared May 1 as a day of international labor solidarity.

Over the years the American origins of May Day - and the fight for a shorter workday that sparked it - have been forgotten by many. And perhaps they've had help in that memory loss. It was in an attempt to obscure May I and the issue behind it that then - President Grover

Cleveland proclaimed the first Monday in Scptember Labor Day. Herbert Hoover, noting that hundreds of thousands of unionist still marched on May I, proclaimed that day "Child Health Day" instead. And even more recently, the Eisenhower Administration renamed it "Law Day."

While the eight hour day is a reality in law, unions are constantly reminded of the need to fight to keep this gain.

A growing group of employers and industries in California has been pressuring the state's Industrial Welfare Commission (IWC), which decides such matters, to exempt them from having to pay overtime after an eight hour day or 40-hour week.

This stampede for exemptions from the state's eight hour day and 40-hour week regulations was touched off in January when the IWC stripped away protections for hospital and home health care workers.

The commission, now dominated by appointees of Governor George Deukmejian, faces petitions from the hotel and motel, restaurant, newspaper, printing, theater, manufacturing and inventory industry groups. Investigative hearings are slated to be held on these petitions in September.

BOOMER!



Geoff Hoyle appears in a one-man show at the Eureka Theatre, 2730 l6th St. now through July. Hoyle has joined the Eureka as a National Endowment for the Arts Artistic Fellow. This performance is in collaboration with Director A. Taccone.



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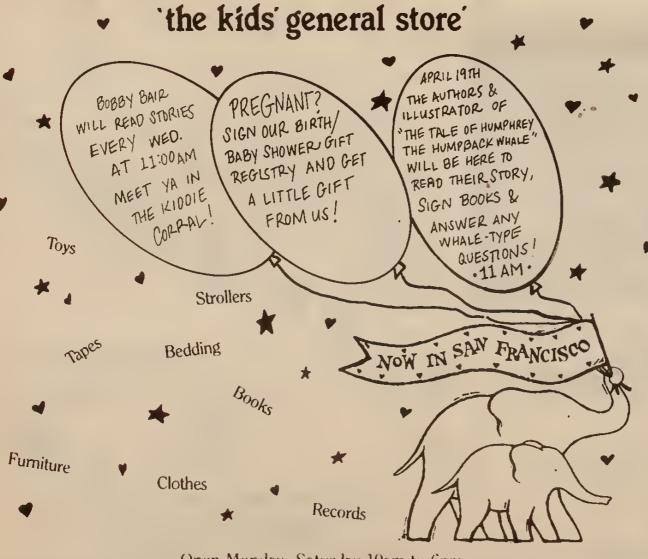
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Hill residents are used to sights like the one in above photo: A huge semi truck that came up 22nd to Rhode Island Street and could not make it to the top. A call for help brought one tow truck, and then another tow had to be called to help. After a two hour struggle, the semi finally made it to the flat intersection, and took a sharp turn down Rhode Island to safer and more flat streets.

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Dance for Peace Slated May 31

More than 3000 people are expected to vote with their dancing feet for peace in Central America and nuclear disarmament when the third annual "Give Peace a Dance" (GPAD) gets underway at Fort Mason Center, May 31 from noon

Hosted by Ed Asner, TV's "Lou Grant", the event will feature at least seven bands, plus dance troupes, comedians, and Wavy Gravy, the Bay Area's clown with a conscience. KPFA-FM will broadcast portions of GPAD live.

"I believe in events such as this," said Asner, who will host the activities during the afternoon. "They raise money to help heal the wounds caused by our foreign policy, and to stop us from constructing more weapons of destruction."

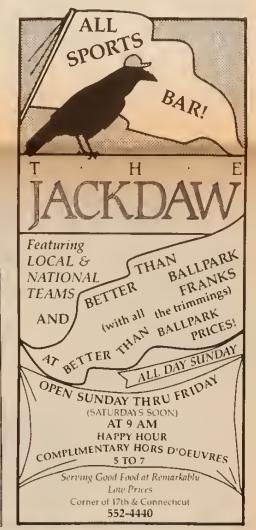
Proceeds will go to the San Francisco Freeze and the Committee in Solidarity with the People of El Salvador (CISPES).

"The dancers raise money by soliciting sponsors for each hour they're cutting the rug," said GPAD coordinator Jeanie Carpenter. "This year we're sure we can reach our \$125,000 goal if we make a real team effort."

Prizes are awarded throughout the day for teams and individuals who raise the most money, the best costumes and the best twist, limbo, jitterbug, and breakdance on the dance floor.

Dancers who pay the \$7 registration fee before May 26 will receive a free GPAD t-shirt. Entrance at the door

More information is available at 861-0543.





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Art and Theater - Local Roundup

On the art scene: Fish is the theme of an art show at Southern Exposure Gallery, 401 Alabama St., through May 8, and Hill artists Elizabeth Raybee, Robert Pacelli, Olive Madora Ayhens and Pico Sanchez works are included.

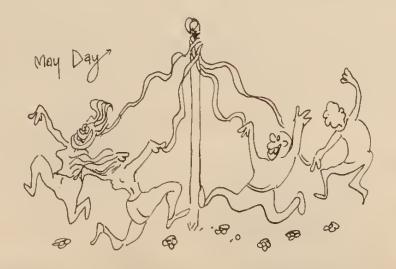
Artwork by Joe Sam is featured on buses across America through mid-May. Theme of the posters is a celebration of Black American Heritage. Sam's work shows 19th century Black homesteaders.

Free life drawing classes are still offered at the Good Samaritan Center, 1292 Potrero Ave. (at 25th St.), with Marvin Mund as instructor. The classes are sponsored by San Francisco Community College,

and enrollment is continuous. Mund also opens an exhibition of his works on paper, through May, at Footwork Studio, 3221

Entertainment: Michael and Megan evenings at Keystone Room in the Victorian Hotel, 54 4th St. (at Mission). Call the hotel for information on dates and times.

The Performing Arts Workshop (PAW) is looking for youth ages 14 to 18 for a six week production workshop leading to a staged performance at the Neighborhood House Theatre in August. The program begins June 23, and application deadline is June 4. Call PAW at 673-2634.



ON LOCATION



Actor Tony Curtis made a guest appearance on Potrero Hill to shoot a scene for a televison show, "Spies." Heri the Hairdresser's shop, Kansas and 18th Streets, was chosen out of 100 possible locations in the City. Heri (left) is seen showing his showbix scrapbook to Curtis. Bob Hayes photo

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GARDEN·VIEW

The Snail and Gopher Wars

By Justin Dwinell

There is a new product on the market called "Snail Barr". It is non-toxic, which is good news for those people who hate poisons more than snails.

In the past, even the most ardent poison haters would occasionally give in and buy snail poisons when they grew tired of hand-to-foot combat in a losing struggle. The "pick and stomp" method proves too unpleasant for most people before they even make a dent in the garden gastropod population.

Now a proven method to "draw the line" beyond which snails and slugs will not cross has been discovered. The new product is a copper strip. When it is placed on the perimeter of a pot or a raised garden bed or tree, the snails are effectively kept out.

The theory is that a snail's moisture activates a minuscule electric shock when it touches the copper. This does not kill the snail but distresses it so that it remains outside the protected area. The copper retains its protective action even after it oxidizes and turns green. It appears to be effective even in the rain, when most other snail deterrents lose their power.

Since the copper strip presents no danger to children, pets, wild birds nor to the environment, it does its job well. The

only danger involved is a possible injury by mishandling the copper. It is very thin and sharp edges could give a nasty cut. Handle it with gloves when installing it.

Man's continuing struggle against the mole and his cousin, the gopher, has been going on since man stopped chasing food and began growing it. There is no more pitiful sight than to see a grown man lose his composure and turn into a gophercidal maniac. He will resort to any means: poisoning, drowning, gassing, shooting, chopping, hacking, stomping, trapping...to no avail. The gopher seems to survive and even prevail.

Until now there has been no easy resolution to this challenge. But now there is a way. It's easy, clean, non-toxic and certain. But best of all it's free, or relatively so. Actually all that's needed is a pair of gloves and a pack of "Juicy Fruit Gum." The gopher hates man's scent, so handle the gum with gloves. The gopher loves "Juicy Fruit Gum," but cannot digest it.

So unwrap the gum. Roll the sticks into little tight rolls. Insert a roll of gum into a gopher mound. One roll per mound. Cover with dirt and celebrate. The war is over!.

If you have a garden question or problem to share, contact me at Potrero Gardens, 1201 17th Street.

> Medical Notes <

Exercise & Iron Deficiency

By Jean-Luc Szpakowski, M.D.

First, a clarification. Last month's column ended with the statement that exercise was helpful in preventing heart failure, and that other drugs worked by enabling one to exercise more. This should not imply that one can throw away one's diuretics and digitalis, nor that exercise will get rid of one's excess fluids. It does mean that once one has gotten rid of the excess fluids and has controlled one's blood pressure, then one of the few if not the only way to improve long term survival may be to exercise.

Exercise has many other effects, one of which is a surprising incidence of iron deficiency. A study of the 1976 Canadian Olympic team showed lower hemoglobin levels in athletes than in the general population. There are many explanations given for this, two of which have been given support by recent studies. Both involve iron loss, one through the intestines and one through sweat.

Studies of runners after marathons have shown markedly increased blood loss in the stool, as measured by stool guaiac cards (those same cards that are yearly given to adults to screen for colon cancer and other intestinal conditions). Further, the harder the run, the more blood was

lost. This is thought to be caused by decreased circulation to the intestines during exercise, with more loss of the cells lining the intestines. This loss of iron can add up, if one considers that the normal diet can compensate for the loss of 1 mg of iron a day, and that many runners lost over 2 mg during their run. One runner lost 30 mg in two days!

The other major source of loss is sweat, which contains iron as well as minerals. Sweat can contain from one twenty-fifth mg of iron per liter (about a pint) to over a mg a liter. During a marathon, sweat losses can be from one to five liters an hour, the latter being 1/5 mg of iron lost each hour. Alberto Salazar, one of America's top marathoners, during the Los Angeles Olympic marathon, lost almost a half gallon of sweat each hour!

Both these sources of loss can lead to iron deficiency anemia in runners. Even without anemia, low iron levels most sensitively measured by ferritin levels can lead to easy fatigability, irritability, and diminished performance. Thus, it may be prudent for runners, particularly menstruating women, to check their iron levels and consider a supplement. (Warning: TOO MUCH IRON can also be dangerous to your heart, kidney, and pancreas!).



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June 3, 1986 -



Marilyn Miller

Executive Board
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FISHOW at Southern Exposure Gallery at Project Artaud. 401 Alabama thru May 8: Gallery Hours: Wed thru Sun, 2-6pm. 863-2141.

EXHIBIT-REMOTE SENSING. Janet Lipzin. 1081 Mission. 8am-midnite thru May 9:

LILITH THEATRE presents Harriet Schiffer in "Morning Sickness, or thru May 10: Woodsman, Spare That Tree!" 766 Valencia. 8pm. 626-ARTS.

INSTALLATION by Peggy Ingalls-Domestic Landscape: A Panoramic thru May 17: View"; and "AS IS" by EDIN VELEZ. Hours: Tues thru Sat, 11am-5pm. New Langton Arts. 1246 Folsom. 626-5416.

EXHIBITION—Theatre & Costume Design. Chevron Art Gallery, 555 thru May 21: Market St. 9am-4pm, Mon-Fri.

WATERCOLORS by Stanton Macdonald-Wright. Joseph Chowning thru May 22: Gallery, 1717 17th St. 626-7496.

"MISS FIRECRACKER CONTEST"—a play by Beth Henley. Nova thru May 31: Theatre, 347 Dolores. Thurs, Fri, Sat, 8pm. 864-0235 for res.

PHOTOGRAPHS by Mary Ellen Mark and Lonny Shavelson. SF Camera thru May 31: work, 70 12th St. Hours: Tues-Sat., 12-5pm. 621-1001.

"THE CORNER OF THE EYE" by Philip Real. Theatre Rhinoceros, thru May 31: 2926 16th St. Wed thru Sun. 861-5079.

PAINTINGS & WORKS ON PAPER by Marvin Mund. Footwork Studio, May 1 thru 3221 22nd St. 824-5044 for further info. June 1:

RECENT PAINTINGS by Becky Edwards at Farm Gallery, 1499 Potrerc May 1-28:

May 1-June 8: PHOTOGRAPHY EXHIBIT. Artists Brian Allen, John Humble, Jeff Weston, 758 Valencia St. Hours: Thurs-Sun, 1-5. 431-6911.

S.F. ACTORS THEATER presents "BETWEEN QUAKES"--3 humorous, May 2-10: off-beat plays. New Zephyr Theater, 25 Van Ness. 386-SFAT for res.

May 2 thru S.F. REPERTORY THEATRE presents "LULU" by Frank Wedekind at June 29: Victoria Theatre, 16th & Mission. 861-0347 for info.

CONFERENCE ON REFUGEE RIGHTS & THE SANCTUARY MOVE-May 3: MENT. Speakers, live music, food. 10 til 4pm. S.F. State University Student Union. 282-7804 for more info.

DREAM TRAINING INSTITUTE DREAM CLINIC and Open House. May 3: 2137 Lombard St (Fillmore), 10am-lpm. Private Dream Consultation.

May 3: POTLUCK PICNIC sponsored by League of Urban Gardeners. Ft. Mason Community Garden. Workshop on plant propagation and greenhouses from 10am-1pm. Potluck at 1pm. Bring food to share. 695-9100, for further info.

May 4: MUSEUM SUNDAY. Create your own paintings & photo images. For children & adults of all ages. Lecture/Art Rm, SFMOMA. Van Ness Ave & McAllister. 863-8800, ext. 217 for more info.

RAZATHON. 3.5 Mile run around Mission District. Benefit Instituto Familiar De La Raza, 2515 24th St. Route: Begin at Raza Park, 25th May 4: & Potrero. Registration deadline May 1st. Cinco De Mayo celebra-

tion will follow the run. Pre-registration, \$8. \$10 day of run. May 6,7,8: CARTHAGE PRODUCTIONS THEATRE CO. presents "Unrest in The Nest." 1499 Potrero, 8pm. 655-4526 for more info.

A TRAVELING JEWISH THEATRE presents an "informance"—"Creating A Drama That is All of Us." 3200 California St. 346-6040.8pm. May 8:

May 9: DANCE PERFORMANCE by members of Cuban National Folklore

Ensemble and Asi Somos Modern Dance Co. 362 Capp St. \$5. Children Free. 8pm. 821-4425.

May 9 -THE NEXT STAGE presents "The Sea Horse." 3316 24th St. 8:30pm. June 28: Fri & Sat only. Call 239-7226 for res.

CALIF. GENEALOGICAL SOCIETY general membership meeting. May 10: Lurie Room, S.F. Public Library, Civic Center. 1:30pm. Open to public

SPRING SOCK HOP. Glen Park Rec Center, Elk & Chenery Sts. May 10: Dancing/prizes/refreshments. 8pm. 333-1665 for more info. SCIENCE FICTION MUSICAL preview presented by Common Threads. May 10:

Modern Times Bookstore, 968 Valencia. 8pm. SPRING EXHIBITION & ART SALE. Southern Exposure Gallery at May 10, 11, & 12: Project Artaud, 401 Alabama. 12-6pm. 863-2141.

May 11: MAY DAY RUN sponsored by American Heart Assn. For more info

May 13: LECTURE: "City Riches: Summer Fun For Parents & Children." Miraloma Co-Op Nursery School, 443 Foerster St. 7-9pm. Free.

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SoundSeen, a performance group featuring Sandy Inaba, Anna Sun and Pearl Ubungen. appear for two week-ends, May 22 through May 31, at Centerspace, 2840 Mariposa St. Showtime is 8 p.m. For information call 848-3180.

Jim Dong photo

COMMITTEE FOR HEALTH RIGHTS IN CENTRAL AMERICA presents May 12: Daniel and Mary Ellsberg. 3200 Calif. St. 7:30pm. 431-7760 for info.

FILM-"Silent Pioneers," a documentary on lives of elderly gay men May 13: and lesbians. 1853 Market St. 1:00 p.m. 626-7000 for more info.

IRISH ACTOR JOHN MOLLOY in "From The Ice Age to Next Thursday: May 14 thru A Brief History of Ireland Told in The Oral Tradition." Wed.-Sat.8pm. June 7: Intersection for the Arts, 766 Valencia at 19th. 626-ARTS.

May 16, 17, NOE VALLEY ART AFFAIR at NoeBody's Inn, 4054 24th St. Begins & 18: 7pm May 16 & 1pm May 17 & 18. Free.

May 17: S.F. CONCERT CHORALE final concert of season at First Congregational Church, Post & Mason. 8pm. 647-6015 for more info & res.

ELLA JENKINS CONCERT of songs, chants, rhythm & rhymes for May 17: young children. Bring parents & picnic lunch. 11am. Stern Grove. Call 558-4268 for further info.

May 17 & 18: CHILDREN'S FAIR at Hall of Flowers. 10am to 5pm. 661-1266.

S.F. JAZZ DANCE COMPANY will perform at Galleria Design Center, May 18: 101 Henry Adams St. 1:00 p.m. For info call 456-8053.

May 22-25: BOOK SALE. Friends of S.F. Public Library. Preview Sale May 22, 4-7pm. Fri & Sat. 10am-5pm. Sun. I0am-3pm. Ft. Mason, Pier 2.

May 22-26: CARAVAN STAGE COMPANY, World's only horse drawn theater, performs at Ft. Mason's Great Meadow, Bay & Laguna. 8pm plus 2pm Sunday. For ticket info & schedule call 821-9652.

YOUNG AUDIENCES OF BAY AREA presents NATAYANA - WAY OF May 25: THE DANCE. Wattis Hall of Man at Academy of Sciences in Golden Gate Park. 1pm. For schedule & ticket info call 495-8380.

BOOMER! GEOFF HOYLE MEETS GEOFF HOYLE. Eureka Theatre, May 28 -2730 16th St. Wed-Sun, 8pm. Box Office-558-9898, STBS. July 6:

FIREHOUSE 7/16th NOTE benefit to improve sound. Doors open at May 30 & 31: 4, Show starts at 8. 621-1617. 3160 16th St.

DANCERS' STAGE COMPANY presents a spring concert of work in May 30; 31. progress. Fri & Sat at 8:30pm, Sun at 7pm. 60 Brady St. 558-9355. June 1: May 30 & 31: THE COAST DANCE COMPANY performs at Footwork Studio,

3221 22nd St. 8:30pm. 824-5044. GIVE PEACE A DANCE. Benefit for S.F. Nuclear Weapons Freeze. May 31:

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SMALL POTRERO HILL COMPANY looking for office help on part time basis. Possibility of growing into full time. Call 863-5022, Joel or Serge.

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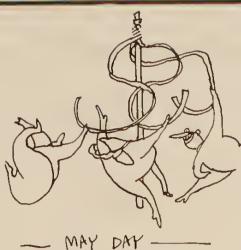
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CHILDREN'S CLOTHING AT WHOLE-SALE PRICES: Fairy Tale Friends is having sales out of Potrero Hill home. Call Nancy for dates/times. Ask how to earn free clothing. 648-3082/648-8194.

SUMMER YOUTH EMPLOYMENT TRAINING PROGRAM has openings for program counselors. Qualified applicants must be high school graduate w/excellent communication skills & strong desire to work w/low income youth. Contact Steve or Gary, 826-8080.

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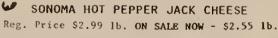
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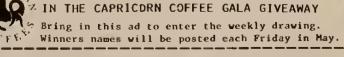
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NAME: ADDRESS: CITY: ZIP PHONE: MALE FEMALE AGE CLASS: Under 14 14-17 18-29 30-39 40-49 ____ 50-59 ___ 60+___

Start/Finish:

Potrero Hill Neighborhood House 953 De Haro St., at So. Heights

Sign in time: 8:00 a.m. Race begins: 9:00 a.m.

WAIVER :

In consideration of your accepting this entry, I the undersigned intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the City and County of San Francisco, and the Potrero Hill Neighborhood House, their representatives, successors and assigns for any and all injuries suffered by me in said event. As part of this release and waiver I acknowledge that I have read and understand all of the above.

Signature (Parent or Guardian if under 18)